



Suicide Prevention
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Native Connections
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Tucson Indian Center

Suicide Prevention and Native
Connections offer QPR and ASIST
(Applied Suicide Intervention Skills
Training).

QPR will teach participants the warning
signs and common causes of suicidal
behavior while empowering them to safely
question, persuade, and refer someone who
may be thinking about suicide.

QPR training dates coming soon.

(ASIST) is a two-day interactive workshop
in suicide first aid. ASIST teaches
participants to recognize when someone
may have thoughts of suicide and work
with them to create a plan that will support
their immediate safety.

**ASIST Training dates: April 9 & 10
June 13 & 14**

You must RSVP for these trainings.

Would you like more information? Contact us

160 N Stone Ave

Tucson, AZ

(520) 884-7131

suicide.prevention@ticenter.org



520-327-7273 or
1-800-400-1001



Teen Lifeline

602-248-8336* or
1-800-248-TEEN

Teen Peer Counselors 3PM-9PM daily.

*Texting available at this number
12PM-9PM weekdays and 3PM-9PM
weekends.

520-795-4266 or
1-888-428-0101



Online Resources:
PimaHelpline.org

HELP! Whenever you need it.
A call or text away, 24 hours a day.

*All contacts on this list are 24/7 lines unless otherwise noted.
*Electronic version: click on any logo on to be directed to the agency website.



Crisis Response Network
520-622-6000 or
1-844-534-HOPE
TTY: 1-800-327-9254
Text "hope" to 4HOPE



Or Text **START** to 678678
For LGBTQ under age 25



CRISIS TEXT LINE |

Text **HOME** to 741741

For non-emergency support,
when you just need to talk.



520-770-9909
8AM to 10 PM, 7 Days/Week



IMPACT - SUICIDE PREVENTION CENTER
Crisis Hotline
480-784-1500 or
1-866-205-5229



1-888-843-4564



Or text: 838255

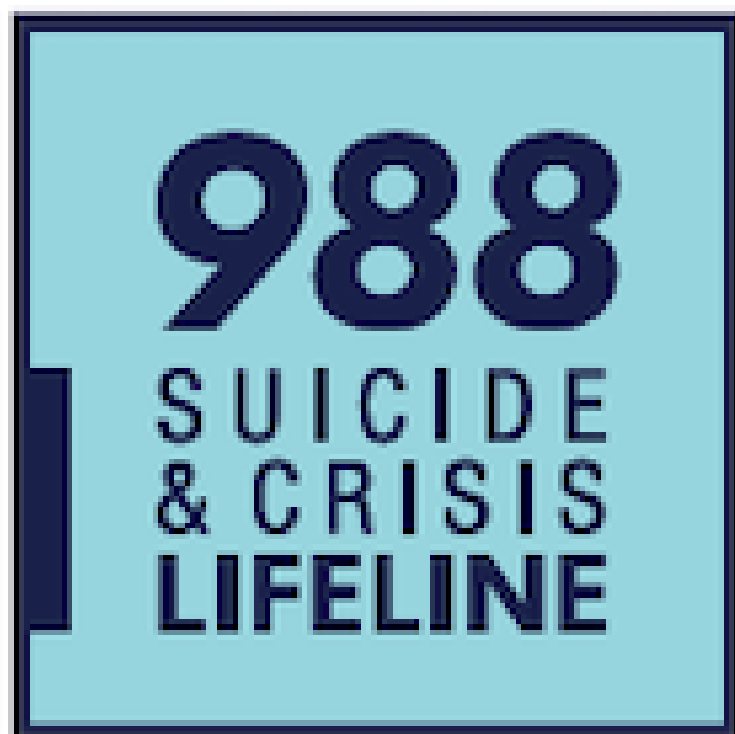


Substance Use Referral &
Treatment Hotline:
1-800-662-HELP (4357)
Disaster Distress Helpline*:
1-800-985-5990
*Natural or human disasters
including disease outbreaks



1-800-944-4773
#1 En Español
#2 in English
Text "Help" to 800-944-4773
Text en Español: 971-203-7773

Updated 1/6/2023



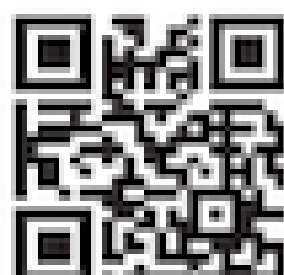
There is hope



Talk with us.



If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org



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